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Bay State Berry Season in Full Swing  
Massachusetts-Grown Blueberries and Raspberries Available Through September

BOSTON – Boxes heaped with plump blueberries and juicy raspberries are showing up at roadside stands and farmers' markets across the Commonwealth and will remain available throughout the summer and early fall, according to the Massachusetts Department of Agricultural Resources.

One of three commercially-grown fruit species native to the US, blueberries are in season in Massachusetts through the beginning of September. Packed with cancer-fighting antioxidants, as well as vitamin C and fiber, they can be stored, unwashed, in the refrigerator for up to one week before eating or using in recipes ranging from jams and jellies to muffins and smoothies. Massachusetts is number two in the US for wild blueberry production and ranks 17<sup>th</sup> for high bush (cultivated) blueberries.

The state ranks tenth nationwide in production of raspberries, which will remain in season through the end of September. Like blueberries, red and black raspberries are high in antioxidants, vitamin C and fiber. They also contain folic acid, which, when included in a mother's diet both before and during pregnancy, has been linked to decreasing and preventing neural tube defects in newborns.

For information on Pick-Your-Own raspberry and blueberry farms, as well as listings of the state's 111 farmers' markets and 414 roadside produce stands, visit [www.mass.gov/massgrown](http://www.mass.gov/massgrown).

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